

Wheat Flour

Wheat is unique. Wheat is the only grain with enough gluten to make yeast breads without being combined with another grain. Gluten is the protein part of the kernel. It is the part of flour that is stretchy and makes the dough hold its shape. The level of gluten varies depending on the class of wheat. There are six classes of wheat grown in the United States.

Whole wheat flour comes from milling the entire wheat kernel (bran, germ, and endosperm). White flour comes from the endosperm only. Enriching white flour with vitamins and minerals makes this flour as nutritious as whole wheat flour.

mill

whole wheat

enrichment

germ

bran

whole

Use the words in the box to fill in the blanks below.

- 1) Whole wheat flour is made from the _____ kernel.
- 2) The flour that has the most fiber is _____ flour.
- 3) A place that makes wheat into flour is a _____.
- 4) White flour is made by removing the _____ and the _____.
- 5) Adding vitamins and minerals to white flour is called _____.